



Profiles in Wellness



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I have always led a very active and healthy lifestyle, but after being elected the first woman Lieutenant Governor in Pennsylvania in 2002, I knew my daily routine would change dramatically. Busy days and extensive travel make it difficult to exercise right, eat balanced meals and maintain stress-free days. But it's not impossible. I have taken three specific steps to maintain a healthy routine even on the busiest days.

First, I eliminated all junk food from my diet. On days when snacks seem to be all that I eat as I go from meeting to event to meeting, I reach for treats such as fruit, vegetables or protein bars. No chips or caffeine for me.

Secondly, I take time to relax a few minutes each day. Once a week, I treat myself to a massage. It's my only indulgence.

Lastly, and perhaps most importantly, I bought a dog, Boomer. I find that he not only provides me companionship, but he gets me out for exercise and fresh air.

Individually, each of the steps I take is small. But collectively, they add up to one giant step in my daily routine for good health.